All About Heat Pumps • *Page 6*

Volume 27, No. 6, June 1995

CAROLINA COUNTRY

Official publication of Carolina Electric Cooperatives

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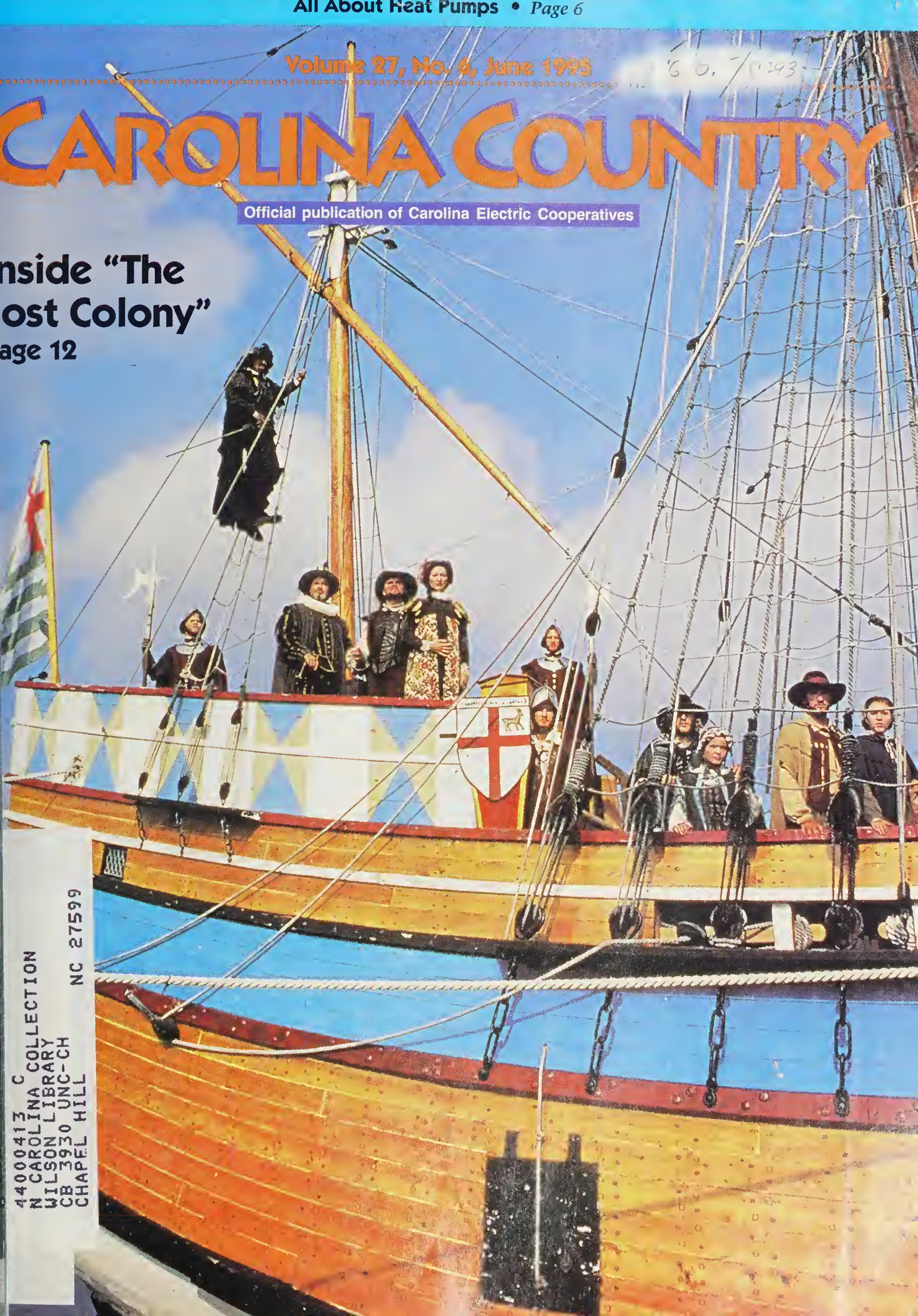

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(ISSN 0008-6746)
Read monthly in more than 350,000 homes
Volume 27, No. 6, June 1995

Official Publication
Carolina Electric Cooperatives

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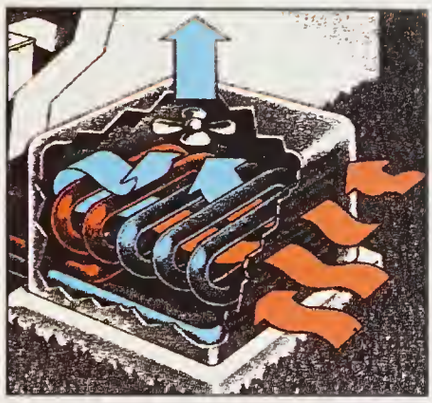

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On the Cover

Actors in "The Lost Colony" aboard the Elizabeth II on Roanoke Island. America's longest-running outdoor drama opens this month in Dare County. Photo by Ray Matthews.

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Your comments

World's best EMC and roast

My husband and I receive our power from Haywood Electric Membership Corporation, and we have no problem with our supplier. We have been delighted with them for the 4½ years we have lived in this part of our county.

Now my problem is that I misplaced my January copy of Carolina Country which ran a recipe for "World's Best Roast."

Suzan Edens
Brevard

Mrs. Edens is one of several readers seeking a reprint of Ann Dellinger Craig's recipe for "World's Best Roast." Here it is, complete with the reminder to cover it while it cooks.

World's Best Roast

Submitted by Ann Dellinger, Monroe

3 to 4-pound roast (the cheaper, the better)
1 large onion, sliced
1 can mushroom soup
Potatoes, carrots and mushrooms
Water

Use deep, long pan. Line with foil. Place roast in bottom. Cover with onion slices and mushrooms. Pour soup over roast. Add vegetables. Add water to make a gravy. Cook, covered, at 225 degrees (small roast) or 250 degrees (large roast) overnight, or at least 8 hours. Tender as a mother's love .

Add the Hiddenite Center

Dwaine Coley at the Hiddenite Center in Alexander County drew our attention to the omission of that museum from our list of cultural attractions in the "Catawba Foothills" section of the May magazine. The Hiddenite Center is a hands-on living museum that perpetuates local history and encourages self-expression in the arts and crafts. The phone number is (704) 632-6966.

Surely we omitted inadvertently many worthy North Carolina attractions in the "See North Carolina" edition. We hope to run a more complete list next year.

Carolina Country goes to school

Linda Neely of Gastonia, whose family is served by Rutherford EMC, called to ask for extra copies of the May magazine's special edition, "See North Carolina." She said her daughter was working on a "North Carolina" notebook for school the weekend of April 29-30, and the 40-page magazine devoted to the state's many features and attractions was just what the girl needed at the time. "I have a 19-month-old daughter," Mrs. Neely, "and she will need this magazine some day, too."

Teachers from Gatesville, Washington, Lexington, Statesville and other areas also expressed interest in the "See North Carolina" special edition. We have a limited number of extra copies and have shipped them to the schools. Others are available first come, first served. Call (800) 662-8835, ext. 499 and leave your name and address.

Our View

What has changed in 25 years?

By J. Michael Davis

It was June 1970. Our nation's capital was attracting a lot of young people to its streets. I was one of them.

But I was not one of 100,000 in Washington, D.C. to protest anything. I was one of 29 North Carolina teenagers who toured Washington for a week in June to learn something.

We learned plenty that week. We learned that Washington always attracts American citizens —the young and older, tourists and protesters, lawyers and historians and mothers— all kinds of people for all kinds of reasons. We saw where the Congress works and where our national heritage is housed. We learned about the heritage and principles of cooperatives. And we learned about each other.

That was the 1970 Rural Electric Youth Tour to Washington. I was between junior and senior years at East Duplin High School. Because of an essay I wrote, I was selected to represent Jones-Onslow EMC on the tour. It was a memorable trip that expanded my vision to many possibilities.

This month I will take that tour again, 25 years later. I am going with my wife, Bernice, as one of eight adult advisers for a Youth Tour group of 5[illegible] students representing 21 North Carolina electric cooperatives.

I have no doubt that the teenage[illegible] this year will be just as fascinated as I was 25 years ago. They will learn as much as I did about how Washingto[illegible] D.C. works —the Congress, the poli[illegible]cal process, the cooperative process, the American culture. And they will make fast and good friends with the other youths representing co-ops ac[illegible] North Carolina.

The Rural Electric Youth Tour to Washington is another example of [illegible] North Carolina's electric cooperativ[illegible] literally go the extra mile on behalf the communities they serve. It's encouraging to know that good thin[illegible] don't change all that much, even 2[illegible] years later.

After graduating from East Carolin[illegible] University in 1975, J. Michael Davis joined the staff of Tri-County Electric Membership Corporation where today [illegible] general manager. Tri-County EMC serv[illegible] 17,000 members in Wayne, Duplin, Lenoir, Johnston, Jones, Sampson and [illegible]son counties.

Looking for the vegetable potato

I would like to find some seed of the vegetable potato. It grows on a vin[illegible] like a pumpkin, is orange in color, ar[illegible] elongated like a musk melon. It is us[illegible] to make pies as you would use sweet potato or pumpkin. If anyone has in[illegible]mation about this, please let me kno[illegible]

My wife and I enjoy your magaz[illegible] a great deal. We are members if the [illegible] & Greene EMC.

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A guide for members of North Carolina's electric cooperatives

Heat Pumps

What is a heat pump?

A heat pump is an electric appliance that takes heat from surrounding air and transfers it into your house in cold weather and outside your house in warm weather. It is a heater, air conditioner and humidity controller all in one system.

A heat pump is ideal for the climate in North Carolina.

How does a heat pump work?

A heat pump's major components are a compressor, a fan system, and an enclosed loop of coils that contains a refrigerant. The refrigerant absorbs heat which is compressed and "pumped" through piping either indoors or outdoors, depending on the season. In winter, a fan circulates heat through a duct system and out the supply registers in your house. In summer, the heat pump removes indoor heat and humidity and sends it outdoors, leaving the inside cool and comfortable.

A thermostat controls the heat pump by turning it on and off to achieve a desired temperature. Most systems employ a "heat" setting and a "cool" setting.

How can a heat pump absorb heat from cold outdoor air?

Even cold air contains some heat. The refrigerant's temperature in a heat pump is low enough to attract heat from outdoor air. The compressor superheats the refrigerant, and that heat is transferred indoors and released to warm the interior rooms.

Heat pumps also have a supplementary heat system —an electric resistance heating element— that switches on in very cold weather or if the compressor fails. On average in North Carolina, heat pumps need supplemental heat for less than 10 percent of the heating season.

How reliable are heat pumps?

They are very durable systems, with sturdy compressors, motors and bearings. A recent study by the Electric Power Research Institute (conducted in Ohio, Michigan, Indiana, Kentucky, Virginia, West Virginia and Tennessee) found that the median life of a heat pump is 19 years.

What about efficiency?

Heat pumps are the most energy-efficient electric heating and cooling system available today. Depending on the kind you use, a heat pump can supply 2 to 4½ times more heat than the energy it uses.

Heat pump efficiency is measured and rated by:

Seasonal Energy Efficiency Ratio (SEER): the total BTU a system produces during a cooling season divided by the total watt-hours required. This rates a system's cooling efficiency. North Carolina's electric cooperatives recommend a SEER of 11 or higher.

Heating Seasonal Performance Factor (HSPF): the total BTU a system produces in a heating season divided by the total watt-hours required. This rates a system's heating efficiency. North Carolina's electric cooperatives recommend a HSPF of 6.8 or higher.

Is a heat pump like a furnace?

No. Unlike a gas or oil furnace, a heat pump does not burn fuel to generate heat. It simply moves heat from one place to another, so it uses less energy than a gas or oil furnace. And it is safer and cleaner, too, because there are no open flames or fumes.

Are there different kinds of heat pumps?

The most commonly used heat pump is a "split system" model. It consists of an outdoor unit than contains the compressor, refrigerant coil, fan and a reversing valve. Piping connects it to an indoor unit called an air handler that contains a refrigerant coil, fan and the supplemental heating element. The air handler can be installed in a basement, ground floor closet or attic, and it is connected to the duct system of the house.

Another kind is the "ground source" or "geothermal" heat pump. They have an underground pipe system that makes use of existing heat below ground. Some of these systems use water as the heating medium in winter and as the heat sink for cooling. A ground source heat pump can also supply domestic hot water and is the most energy-efficient kind of heat pump.

Are there different sizes?

Yes. Heat pumps are made in various sizes to accommodate buildings of different sizes and construction. The size and number of units you need are based on your building's cooling requirements. Installing the wrong size will result in inefficient and unsatisfactory operation. Ask your electric cooperative for help in measuring the "load" requirements of your house so that you can select the right size system.

Can I install a heat pump myself?

Heat pumps are relatively simple systems, but a trained, qualified professional should install them so that the warranty remains intact. Your electric cooperative can refer you to qualified installers.

Can I use existing ductwork?

In most cases where a duct system is originally designed for cooling, a heat pump can be attached to pre-existing ductwork. But because air movement is important to a heat pump's efficiency, your ductwork should be examined. Ask your electric cooperative to help you.

Should the house be insulated?

To operate efficiently and provide year-round comfort, heat pumps should be used in insulated buildings. Ducts in unheated areas also should be insulated. The amount of insulation varies according to your location. Your electric cooperative has trained professionals who can advise you about insulation levels appropriate for your home.

Will my household electric service handle a heat pump?

Heat pumps operate on typical 200-amp household electric service. If you are unsure, ask your electric cooperative if your service is adequate.

What are the maintenance requirements?

Heat pumps require very little maintenance, but there is some involved. Because air movement is critical, the air filters in the return ducts of your house should be inspected monthly and cleaned or replaced when necessary.

To permit free air movement around it, the outdoor unit should be not be crowded by brush, weeds or snowdrifts. In winter, steam or frost may appear on the outdoor unit during normal operation.

Heat pump manufacturers recommend yearly system checks and service.

What are the benefits of a heat pump?

Efficiency: year-round comfort from a single electrical source.

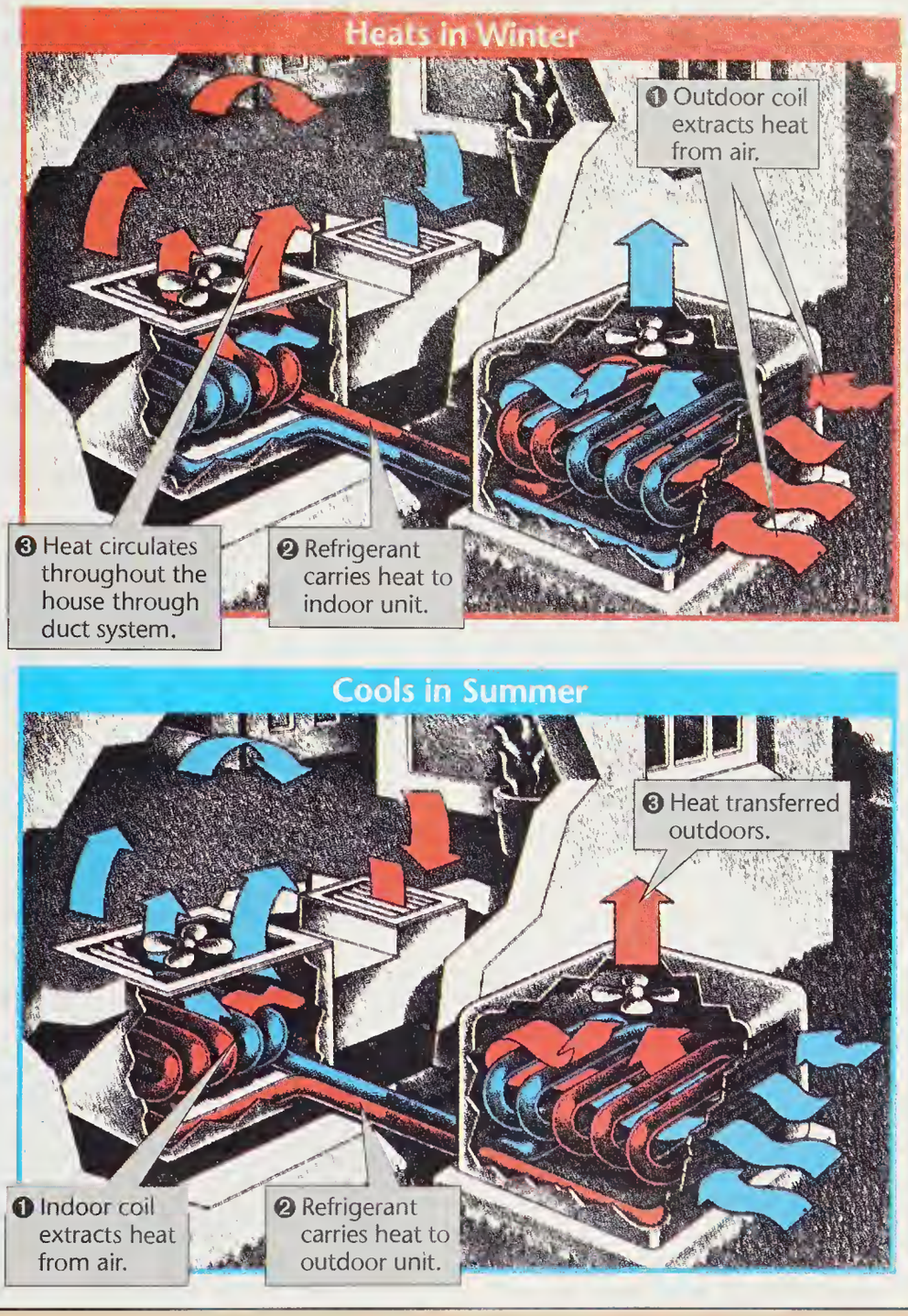
Safety: no flames, fumes or airborne contaminants.

Economy: lower operating costs and less maintenance than comparably sized gas or oil systems.

Cleanliness: no emissions indoors or outdoors.

Reliability: dependable operation for up to 20 years.

A heat pump gives you year-round comfort.


Heats in Winter
❶ Outdoor coil extracts heat from air.
❸ Heat circulates throughout the house through duct system.
❷ Refrigerant carries heat to indoor unit.
Cools in Summer
❸ Heat transferred outdoors.
❶ Indoor coil extracts heat from air.
❷ Refrigerant carries heat to outdoor unit.

What do heat pumps cost?

The cost of heat pumps varies according to their size and installation requirements. A typical, new 2-ton "split system" attached to existing ductwork in a well-insulated house in North Carolina may cost from $2,500 to $3,000 installed.

The annual operating cost varies according to a unit's efficiency, size of the building, temperature settings preferred by users, and local electric rates. Ask your electric cooperative about operating costs for a properly sized, designed and installed heat pump for your home.

In North Carolina, electric heat pumps cost less to operate per year than propane gas and oil furnaces.

Some electric cooperatives offer special programs to members who buy and use heat pumps. Yours may be one of them.

Where can I get more information about heat pumps?

Contact your electric cooperative for general heat pump information and references to local dealers.

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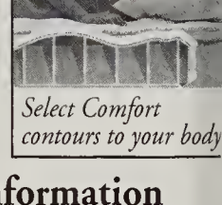

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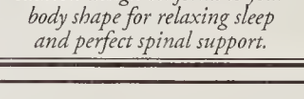

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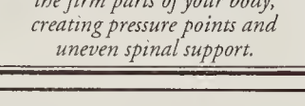

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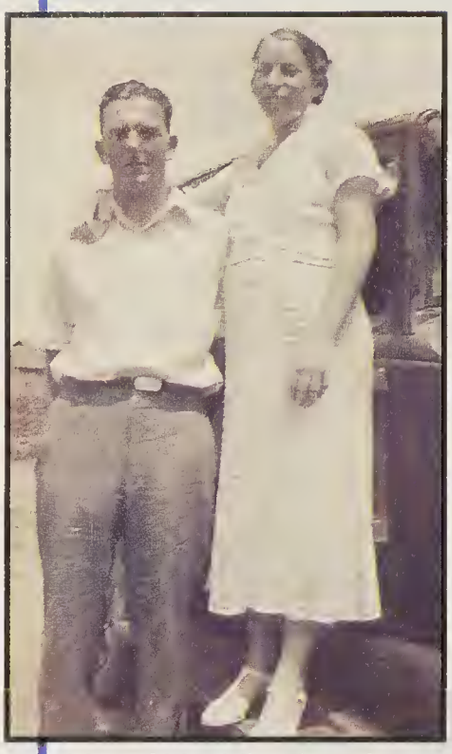

Mr. and Mrs. Mintz loaned us this photo of them made in 1934.

"I decided the best thing for Fred was to bring him to the country and put him to work on a farm" – Lillian Mintz

Heads We Win

The winning ways of Fred and Lillian Mintz

By Robert L. Williams

Where in North Carolina would you look to find one of the state's finest marriages?

How about in Delight?

Fred and Lillian Mintz live in the Cleveland County community known as Delight. You may not find a finer marriage than theirs. It has lasted 63 years and is still going strong.

It all started with the toss of a coin.

Fred Mintz met Lillian at her 14th birthday party. Fred was 16 and drove a Hudson to that party. He courted Lillian for a few years and got to liking her pretty well.

When Fred was 18 in 1929, he had earned enough money delivering newspapers to buy himself a Model A Ford roadster. He was the second person in the Shelby area to own one, and that, among other things about him, impressed Lillian.

One Sunday in September 1931, Fred drove the Model A to Lillian's home in Polkville. They had planned to work together that afternoon at a booth on the county fairgrounds in Shelby. On their way to Shelby, they were delayed at a railroad crossing by the fair's show train passing by. As they waited, Fred asked Lillian if she might marry him. Surprised, Lillian hesitated to answer.

"Let's settle it this way," Fred said, pulling a coin from his pocket. "I'll flip the coin. If it's heads, we go get married, and if it's tails, we go to work on the fair booth."

Lillian agreed. Fred flipped the coin, and it came up heads. A few hours later they were married.

"We agreed not to tell anyone," Fred remembers. But three days later he visited Lillian's parents and told them.

"In those days, most people didn't go on a honeymoon," Fred said recently. "It was in the middle of the Depression, and there just wasn't any money. At the time we were married we didn't even have a place to live. Even after we had the lumber cut for our house, the government shut nearly everything down, and we couldn't find the other materials we needed for our house."

In those days, Fred worked as a driver delivering papers for the old Charlotte News. His route was 65 miles, and he made deliveries six afternoons a week and on Sunday mornings. He earned $5 per week, and it cost the couple $5 to get married.

"So," Lillian says, "I decided the best thing for Fred was to bring him to the country and put him to work on a farm."

Before long, Fred and Lillian set up housekeeping in the Delight area and began raising children — three daughters and a son. They also raised strawberries, vegetables and cotton "until the boll weevils nearly ate us out of house and home." They had a dairy for 18½ years, then finally turned to beef cattle.

"It was a good life then," Fred says. "People didn't mind working, and nearly everyone you met was completely honest. It was a good time to bring up children, too."

The Mintzes raised vegetables, fruit, cotton, cattle and four children on their farm in Delight.

Pillars of the community

When they were married, Lillian ran the telephone switchboard in the Polkville area. "You had to know the rings," she says, pointing to the old-time telephone mounted on the wall of their den. "We had 60 to 70 customers on the switchboard, and you had to know each and every one of them by their rings."

You can't help but wonder about what might have happened to Cleveland County without the Mintzes.

Lillian helped to organize their church, assisted with the Sunday School, and was active in the Missionary Society and Woman's Club. She became a leader in the Rutherford Electric Membership Corporation's women's committee, the Grange, Home Demonstration Club, Parent-Teachers Association, the Dairy Association, and the North Carolina Farm Bureau Women's Organization. She and her husband both are active in Gideon work.

For his part, Fred Mintz not only delivered newspapers, but he also served 12 years on the local school board, was director of the Agricultural Stabilization and Conservation board and the Polkville Volunteer Fire Department. He has been treasurer of his church and chaired its board of deacons.

He worked as an estimator for a Greensboro paint company. During World War II he helped build Camp Croft in South Carolina and later worked as an instructor teaching carpentry, farming and other occupational courses to returning World War II vets. For 12½ years he was a magistrate. He served on the Cleveland County Chamber of Commerce board and has been Delight precinct chairman. Fred has been a Mason for 57 years and is a former master of Camp Call Lodge 534.

This August, Fred Mintz will mark 50 years as a director of Rutherford Electric Membership Corporation. For more than 23 years he was board president of the cooperative that now has 49,000 members. When the Mintzes began farming, their place had no electricity. Fred was an early organizer of the cooperative, roaming the area to sign up members for the $5 fee. "Some wanted the power but didn't have the $5," he says. "They would say 'Come on back, and we'll give it to you soon as we sell some chickens.'"

"God has blessed us wonderfully," Fred says. "He has given us health, a roof over our heads, opportunities to better ourselves, and wonderful children. We love our God, our church, our children, our community, and our country. And the more we love them, the more we seem to love each other."

"You have to cooperate," says Lillian. "You have to work together, stay in church, teach your children right from wrong, live right to set an example for your children. And you have to have goodness in you! If the parents are good, the children will likely be."

Ann Boggs, their daughter who lives in Fallston, understands what her mother means: "They are the most wonderful parents a child could have. I would not swap them for anything!"

Lillian says the same about her husband: "I wouldn't trade him for anything. I wouldn't know how to live without him. I've got him spoiled just right and wouldn't want to have to spoil another one."

"We give God credit for what we've done, what we are, and what we will ever be," Fred says. "We give our children credit for being such wonderful helpers and such wonderful children in every way."

Besides Ann, their children are Pat Crawford and Judy Fernold, both of Greensboro, and Fred Dee Mintz of Cherryville.

But Fred Mintz does take credit for one thing: his certainty about whom he wanted to marry. When he flipped that coin 63 years ago, he didn't want to take any chances. And he didn't tell Lillian: "That was a trick coin. It was heads on both sides."

Robert L. Williams is a writer who lives with his family in Lawndale. His most recent book is "50 Hikes in the Mountains of North Carolina," published this year by The Countryman Press.

In the colonists' dressing room.

Virginia Dare's birthday celebration, Aug. 18.

Making up an Indian.

Behind the scenes at "The Lost Colony"

By Peggy Howe

The queen and her colonists onstage at Roanoke Island.

Making up Queen Elizabeth.

Photos by Ray Matthews

They came, began to be fruitful — and then they were gone.

Their story is "The Lost Colony" — the first and longest running "symphonic drama" in the U.S. It is the granddaddy of the many outdoor theater productions that flourish each summer in North Carolina. This month the show opens its 55th season at the Waterside Theatre on Roanoke Island.

"The Lost Colony" was commissioned by Roanoke Island residents in 1937 to run just one season to celebrate the 350th birthday of Virginia Dare, the first English child born in the New World. Pulitzer Prize-winning North Carolina writer Paul Green composed the play.

Even those who haven't seen it know that every summer some 150 actors and technicians fuse fact and fiction to tell the story of 117 men, women and children who set sail from Plymouth, England, in 1587. After establishing the first English settlement in the New World at Roanoke Island they mysteriously disappeared, creating one of America's oldest unsolved mysteries.

First produced July 4, 1937, on the actual site where the colonists settled 400 years ago, "The Lost Colony" entertains more than 80,000 each summer. That inaugural year guests included President Franklin D. Roosevelt viewing the drama from his car on a specially built ramp. A bronze plaque commemorates the occasion.

"The audience sees a smooth-running production, often including many dedicated local citizens," said Eric Hause, director of marketing and public relations.

To produce a polished performance every night requires coordination, rehearsals, and hectic behind-the-scenes activity with nimble cast members.

Some players do double duty as actors and technicians who move the scenery and props for four major scenes — the Indian village, Queen Elizabeth's garden and chamber, and the waterfront at Plymouth.

Others play more than one character. Some women, for example, must take a

uick shower to remove Indian paint so hey can reappear later in white dresses in Queen Elizabeth's garden. Turning a Caucasian into a native American takes pproximately 45 minutes — a bit less ward the end of a season at the beach. ast and crew avoid mixing red and hite paint: the benches they rest on etween scenes are segregated, appropriately labeled "Indian butts" and "pale butts."

Queen Elizabeth, too, requires about 5 minutes to don her costumes of gold lay on black velvet. Sir Walter Raleigh's rand outfits, also of gold on black velvet, eigh approximately 60 pounds, and are alued about $6,000 apiece. Dry cleaned nually, costumes are sanitized regularly with Lysol spray and hung in the sun.

Costumes — from royal velvet to dians' leather, beads and furs— are all thentic, based on drawings by the lony's governor, artist John White, and her artists' renderings of the 16th century. They range from the very grand to ttered and torn. Those that become rn and ragged are worn by colonists sappearing into the mist on their way becoming "lost."

The "Lost Colony" production staff cludes several seamstresses who repair s and tears. Every single scrap, carefully labeled, is kept for any future mishaps. e 800 costumes — some in various ages of repair, some dating to the original production — are neatly packed in refully labeled boxes.

During the season, each actor has his vn backstage costume "hook" as a eans to reduce performance mixups. st members also have their own tiny ckstage first aid station, presided over a company nurse. Most of the calls e for heat exhaustion or hatchet nicks, use said.

The cast, all diehard actors, are mostly ung adults, including college drama dents and some teachers. However, me local residents make a tradition of pearing in "The Lost Colony." Robert dgette, who plays chief Manteo, begins s 24th season this year and 16th year as anteo. Others spent a lifetime as support personnel, such as Mabel Basnight's -year reign as box office manager.

Most take additional day jobs in local taurants and shops. They live dorm le in the nearby Morrison Grove apartents, a housing complex provided by e late Emma Neal Morrison, a major nefactor.

It is in the adjoining building dubbed e Gazebo that "The Lost Colony" fulfills part of its mission as an educational institution. After each performance the indefatigable cast continues its busy day here at a Professional Theatre Workshop to learn direction and production, further enhancing their skills through practical experience.

Throughout the summer, some cast members tour Roanoke Island and present children's theater. Off-season, available actors take acting to local schools and perform in the local little theater.

Hause said many have begun notable acting careers at "The Lost Colony," including North Carolina's own Andy Griffith, who played Sir Walter Raleigh from 1949-1953. Hause explained that as cast members go out into the world many meet others with "Lost Colony" connections — a career asset. "Others have met and married here," he added.

According to Hause, "The Lost Colony" is "frantic all year round." Off season, a staff of eight plans and updates the next year's production and special events, highlighted by Virginia Dare's Birthday Celebration at Fort Raleigh August 18.

Also, now in progress is a $3 million endowment campaign under the sponsoring Roanoke Island Historical Association (RIHA).

Today's Lost Colony symphonic drama is indeed "a state and national treasure" — with cast and staff eagerly preparing its 55th season at the precise spot where English- speaking America began.

The Lost Colony, June 8 - Aug. 25; nightly at 8:30 p.m., except Saturdays. (The Sunday night shows are new this year. Saturday is now the "dark" night.) At Fort Raleigh National Historic Site on Roanoke Island, near Manteo, off U.S. Hwy. 64/264. For details, contact The Lost Colony, 1409 Highway 64/264, Manteo, NC 27954; (800) 488-5012.

Peggy Howe is a writer working in Raleigh.

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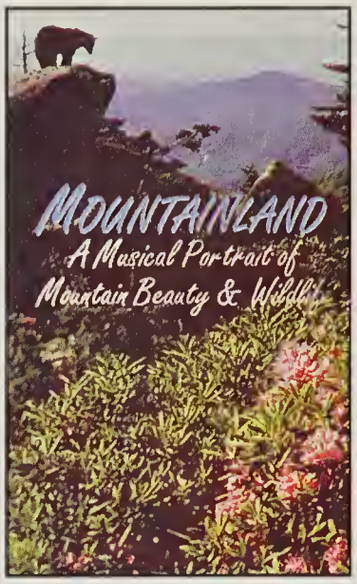

Blue Ridge beauty on video

A small South Carolina production group has released a 27-minute videotape of the western North Carolina mountains.

"Mountainland" includes stereo hammered dulcimer music composed and recorded by Jerry Read Smith and Lisa Marie Smith of Black Mountain. Photography is by Kevin Canady and Hugh Morton, who is known to visitors of Grandfather Mountain. Scenes show mountain nature, animals and vistas. Michael Cogdill, co-producer, is a western North Carolina native.

Copies of the tape are available for $22.45 (include shipping and handling) from Two Bear Productions, P.O. Box 26322, Greenville, S.C. 29616-1322. (803) 458-9172.

New Piedmont Triad Farmers Market opens

The new Piedmont Triad Farmers Market opened in May promoting local farm products from the areas surrounding Winston-Salem, Greensboro and High Point.

The market is open for wholesale and retail buyers from 3 a.m. to 10 p.m. Monday through Saturday, and Sunday 1 p.m. to 6 p.m. Hours may expand to meet demand.

A market restaurant is on the grounds, open for breakfast through dinner, and a garden center is also part of the complex.

The market is located in Guilford County and visible from Interstate 40. It can be reached from Sandy Ridge Road. For more information, call (910) 605-9157.

Electric car keeps going and going

The electric "Shocker" car has scored again.

The pride of Northampton and Halifax county high schools won the national electric car grand prix in March, then was honored by Gov. Jim Hunt in April, and last month placed first in the eastern regional grand prix in Richmond, Va. for the second straight year.

Gov. Hunt checks batteries on "Shocker II."

Howard Miller showed "Shocker I" at the Roanoke Electric Cooperative annual meeting last summer.

High school students from Northampton-East, Northampton-West, Weldon and Northwest Halifax have been building, maintaining, promoting, showing and driving two cars converted to run on 96 volts of electric power. "Shocker 1," a converted Ford Escort, won the eastern regionals twice and placed 10th at the nationals in Phoenix. "Shocker II," a lighter and faster Chevrolet Geo conversion, won first prize overall nationally.

Gov. Hunt drove "Shocker II" around the capitol in April when he hosted a congratulatory ceremony for the students and their teachers.

"The wonderful thing about this is that the whole community gets involved," said Erc Ryan, a physical sciences teacher at Northampton-East. He said students are learning about environmentally responsible mechanics while experiencing the thrill of competition and travel. Also, they are advancing an enterprise that could produce jobs for the area communities.

Among the sponsors of the cars are Roanoke Electric Cooperative and Halifax Electric Membership Corporation, each of which donated to the program.

Ryan said he and lead technical teacher Howard Miller will team teach a course in electric vehicles at the high school level next fall, and it could be unique in the nation.

Also, the program is nearly ready to unveil its third electric ca

Other North Carolina schools are involved in similar electric car projects, including schools in Person, Vance, Wayne and Hertford counties.

A newsletter about newborns

Newborns should be fed breastmilk or formula for their first four to six months before they are introduced to solid foods, says nutritionist Tami Bunnell. When a baby is ready for solid foods, she says, start with iron-fortified infant cereal, then two or three weeks later begin feeding mild fruits or yellow vegetables.

Bunnell is also a home economist and certified lactation consultant who has begun publishing a monthly newsletter for the Carolinas. "Mother's Nature" includes up-to-date articles about pregnancy, nutrition, breastfeeding, weaning, parenting, child development and child care.

Subscriptions are $7 per year from Mother's Nature, 268 Bostian Lake Road, Statesville, N.C. 28677. (704) 873-2731.

HANDMADE *in* AMERICA

Crafts bring big business

A new study by two Appalachian State University professors says western North Carolina's crafts industry pumps $122 million into the region's economy.

The study by Dinesh Dave and Michael Evans of ASU's College of Business was commissioned by HandMade in America, a non-profit organization promoting regional economic development. The study is the first detailed one of its kind since 1937.

Evans said crafts are a major tourist attraction, with approximately half of all sales being tourism-related. They are good for the artisans, too. Average income for a craftsperson from craft sales and related work in the area was $35,000 in 1993, the research reveals.

For information about western North Carolina crafts and handmade objects, contact HandMade in America in Asheville at (704) 252-0121.

"Before Freedom Came"

The "Before Freedom Came" exhibit depicts the lives of 18th and 19th century African Americans and documents how their experiences have shaped American history, culture and politics. It includes interview excerpts, pictures and artifacts compiled by the Smithsonian Institution.

The exhibit is on display at Mordecai Historic Park in Raleigh through July 2, weekdays 10 a.m. to 3 p.m., and weekends 1:30 to 3:30 p.m. Performances by church choirs and other groups will take place each weekend at 2:30. For a schedule, call (919) 834-4844.

On June 10, a panel of North Carolina historians will discuss the context of the exhibit at a public forum from 3 to 5 p.m. at the North Carolina Museum of History. Panelists are John Hope Franklin of Duke University, Dorothy Spruill Redford of Somerset Place in Creswell, Loren Schweniger of UNC-Greensboro, and John David Smith of N.C. State University.

Local sponsor is the Capital Area Preservation, Inc. of Raleigh.

Teenaged employees need work certificates

North Carolina businesses that hire youths age 14 through 17 are required by state law to issue each teenaged employee a Youth Employment Certificate from the state Department of Labor.

Certificates are available from the county social services department where the youth lives or plans to work. A new certificate must be obtained for each new job with a different employer.

State Labor Commissioner Harry E. Payne Jr. said the certificates are a safety measure intended to regulate youths' involvement in hazardous working conditions. State law prohibits employing youths for such jobs as welding, spray painting, meat processing and jobs using certain machinery.

For information about hiring youths or for a free copy of the N.C. Wage and Hour Law, contact the Wage and Hour Division at (919) 733-2152 or (800) LABORNC.

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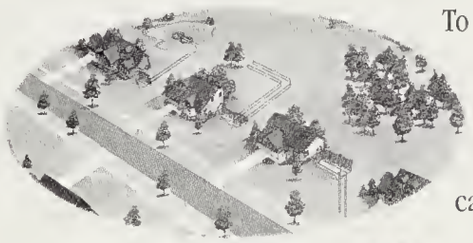

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Hatteras Island goes on line

Kim Whorton

Connecting new electric line on Hatteras Island.

After nearly three years of planning, construction and teamwork, Cape Hatteras Electric Cooperative has completed its 115-kilovolt transmission line upgrade. The upgrade is a fitting precursor to the co-op's 50th anniversary this summer.

Hatteras Island is a bustling tourist community, particularly in the summertime when traffic on the island triples. In recent years the co-op's 34.5-kv line built in 1966 could not adequately handle the island's growing power demands.

Aside from overworked lines, salt contamination, a serious problem for power providers in any coastal region, caused line deterioration. On an island less than a mile wide, this continuous salt exposure caused blinks and frequent outages. The new 115-kv line can easily handle the island's power demands today, with room to spare for future growth. The new line was constructed using special coatings, paints, stainless steel parts and polymer insulators to battle the island's salt contamination problem. The annoying blinks and damaging voltage surges that the co-op's nearly 5,000 members experienced in the past should be largely eliminated with this new transmission line.

Because parts of the project are located on national wildlife refuges and national park lands, the North Carolina Electric Membership Corporation (NCEMC) assisted the cooperative in working with the U.S. Fish and Wildlife Service and the National Park Service on securing permits and choosing an appropriate line configuration for the island.

To complete the upgrade during the first week in May with limited outages, the new line was energized one section at a time. The cooperative coordinated with the NCEMC Diesel Generating Plant at Buxton to serve the island as the line was energized.

Burns & McDonnell of Kansas City, Mo. provided engineering design and construction supervision for the project, including the 115-kv Buxton cable project, upgrading 37 miles of wooden utility poles and building a new interconnection substation at Buxton. Gilchrist Armour Engineering of Griffin, Ga. provided engineering design and construction supervision for the two new distribution substations at the villages of Avon and Waves. New substations that can handle 115-kv were needed to step down the power for distribution to member's homes and businesses.

New River Electrical Corporation of Cloverdale, Va. completed the cable construction across Bonner Bridge that connects Hatteras Island to the northern Outer Banks at Nags Head. New River also built the riser station at the southern end of the Bonner Bridge, and all the construction work on the Avon, Waves and Buxton substations. Irby Construction Company of Jackson, Miss. completed the utility line conversion work. These contract crews set 400 new power poles and added new insulators to 800 poles.

Initial estimates put the cost of the project at $20 million. But by employing cost-cutting steps such as reusing cable the co-op had installed only a few years earlier and installing dozens of pole-top extensions rather than replacing many of the utility poles on the island, the project was finished well under budget. Project planners implemented a competitive bidding process for the engineering, construction and major equipment purchases for the project.

To pay for the upgrade, the cooperative secured a loan from the Rural Electrification Administration (REA), now renamed the Rural Utilities Service (RUS).

The project was a joint effort of Cape Hatteras Electric Cooperative and NCEMC under supervision of NCEMC project engineer Robert Beadle.

— Kim Whorton

loyner's Corner

y Charles Joyner

istory lessons.

n North Carolina, t's called witchcraft

Sexism ("prejudice or discrimination based on sex") has been around for a long time — ever since Adam said ve beguiled him into taking a bite of e forbidden fruit. And North Carolina uld probably claim to be the first of ıgland's American colonies to have a w against enticement by women.

In 1770, when all of North Carolina as a part of Great Britain, Parliament ssed the following law applicable to e colony:

"...that all women of whatever age, nk, profession or degree who shall, er this act, impose upon or seduce or tray into matrimony any of his ajesty's male subjects by virtue of nts, paints, cosmetics, washes, artifi- l teeth, false hair, Spanish wool, iron ves, bolstered hips or high heeled oes shall incur the penalty of the law w in force against witchcraft and like sdemeanors; and a marriage under h circumstances shall be null and void."

It's enough to give an entirely new aning to "First in Flight."

If that law is still on the books, there 't a marriage in the state that will ld up in court. And women might be first to invoke it.

How did Turnbritches Creek get its name?

Customers in Smokey's Barber Shop could get a history lesson along with their haircuts if they knew what questions to ask.

Elden Leland "Smokey" Levi is a descendent of one of Henderson County's oldest families and a font of information about the county and its inhabitants. The question put to him on one occasion was: How did Turnbritches Creek come by its name?

Smokey shifted the object in his mouth from one cheek to the other and grinned. "Well," he said, "I'll tell you how it was told to me."

Turnbritches Creek runs through the cove off Ball Mountain Road out beyond Edneyville. It seems that in the old days the fellows living along the ridges used to cross the creek on a foot log at night to court the girls on the other side.

According to Smokey, some of the fellows living in the valley resented this visiting back and forth, and they lay in wait after dark to "rock" the ridge boys on their way home.

Now walking a slippery log is not the easiest thing to do even in daylight, and at night under hazardous conditions it can be downright frightening, as you can imagine.

In a story Smokey says has been handed down through the generations, one fellow became so frightened that something happened. Just what, Smokey left to the imagination of his audience. But ever since, the creek has been known as Turnbritches Creek.

"I reckon it could have happened just that way," Smokey said. "Shucks, I've been rocked myself when I was growing up — and I was just coming home from church."

Grand Squirrel Hunt

In Bertie County not too recently a group of fellows got together in Windsor to have a Grand Squirrel Hunt. They selected 20 men to form two contending parties and agreed that those who returned with the least game would provide a hot meal for the victors.

At the end of the hunt, the winners had killed 9,814 squirrels; the losers only 7,543.

The hunt took place in November 1836.

Alan D. Watson tells this story in "Bertie County, A Brief History," published in 1982 by N.C. Divisions of Archives and History.

Cure for an earache

Ernest Edwards, 82-year-old retired itinerant photographer, was living on the road between Marion and Rutherfordton in May 1980 when Jock Lauterer visited with him. Jock was then editor-publisher of the McDowell Express.

Edwards recounted a time when one of his ears started hurting him. He decided to go to a holiness church and see what could be done about it.

"Wellsir," Edwards said. "I went in there and the man asked if anybody out there was a hurtin'. Well, my left ear was giving me a time. I couldn't sleep, couldn't eat, couldn't think. So I went on down there and those people come up and got me on the floor and rolled me around. Holy rollers, I guess you'd call 'em. But anyhow, they rolled me around til that eardrum busted — and from that day I've never heard outa that ear.

"But it's not hurt anymore eithers, so I guess the Lord he's got a perticular mysterious way of working."

Jack Lauterer tells such stories in "Runnin' on Rims: Appalachian Profiles," published in 1986 by Algonquin Books of Chapel Hill.

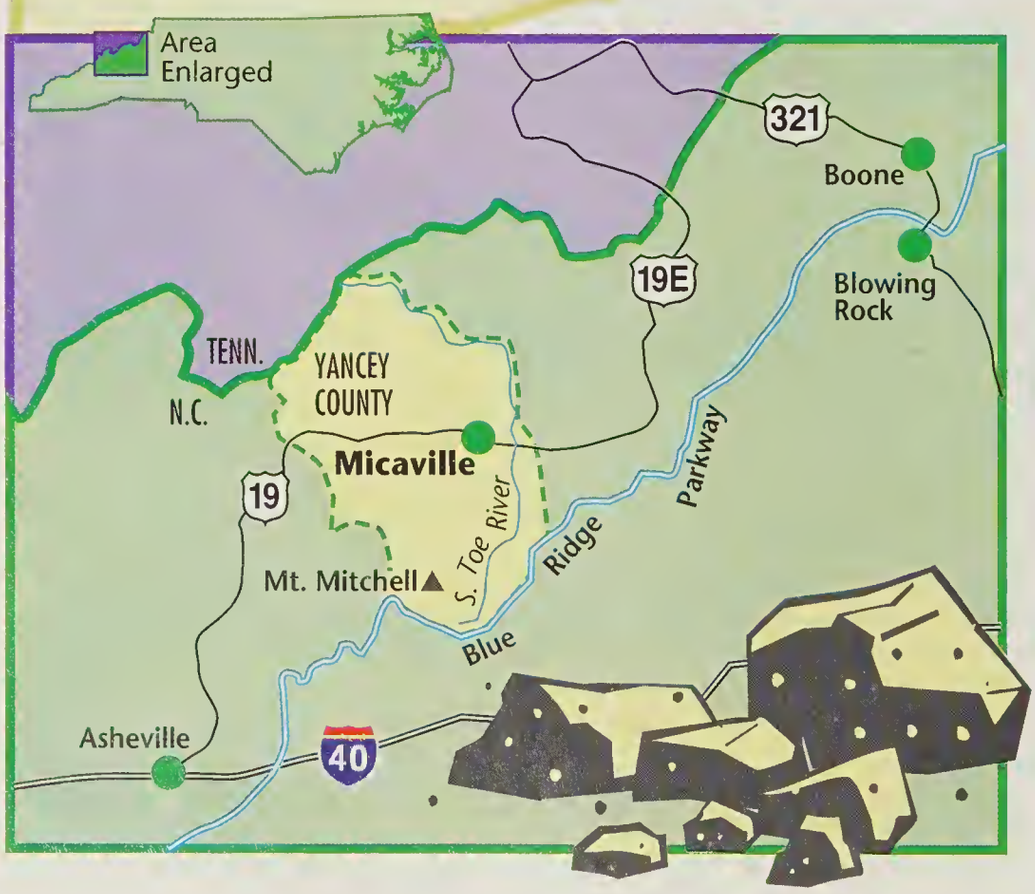
Blue Rock

The Soapstone Road

By Peter Margolin

Exploring Yancey County's South Toe Valley one summer, in the shadow of Mount Mitchell, I discovered a road that held a secret. It started me on a trip that led far back in time, to scenes of a vanished way of life and even further back, to the birth of the Blue Ridge.

It began with a stone bowl. Luther Thomas, a retired miner whose hobby was rocks and minerals, showed it to me. He said the crude, ancient bowl and others like it had been carved from a cliff of soapstone above the South Toe, at a place along Blue Rock Road, a short drive from his home in Micaville. We set out on a summer afternoon to see it.



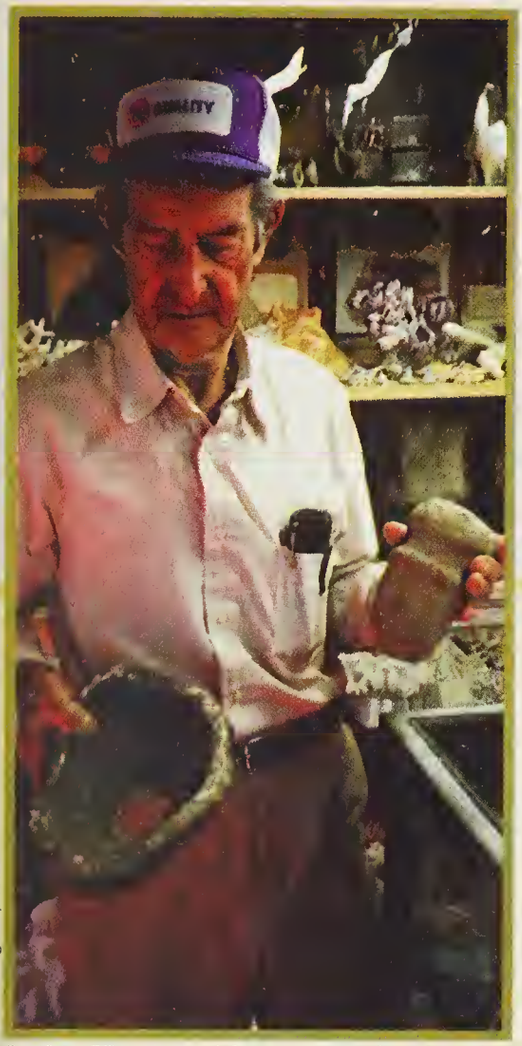
Winding in the fold of a hairpin curve, we pulled off and parked at a place that didn't look remotely like a quarry. I followed Luther down the wooded hillside, forcing my way through heavy brush. It had rained the day before and underfoot the rock surfaces were slippery beyond belief. It was like walking on wet soap. Where they weren't blanketed by a thick carpet of moss and lichens, the low soapstone cliffs were a soft, mottled yellow, with faint streaks of pink and green. I picked up a piece to see what it felt like. Rubbing it left a sheen on my hand, a characteristic of the mineral called talc. Soapstone is the massive form of talc, Luther told me. Here and there a crevice in the cliffs was lined with dark shiny chlorite, a green mica-like mineral that talc often accompanies.

Luther was now pointing out places in the slippery rock ledges where bowls had been quarried. There were dozens of hollowed-out basins, like potholes that a stream erodes into its bed. But these were all tilted, not horizontal, at angles no stream could have produced, and the river was hundreds of feet downhill. Only human hands could have carved these holes, many centuries ago.

Scattered about at the foot of a ledge were the tools that the ancient quarryman had used — Stone Age tools. These small, hand-size cobbles of rock had been smoothed and rounded by tumbling for thousands of years in the streambed of the South Toe. They had been carried up here to the soapstone cliffs, and then each was split to create a jagged edge, sharp and hard enough to carve soapstone. They now lay strewn about where the Indians had cached them, far above the river that they had been removed from.

A report that state archaeologist David Moore kindly provided describes the steps in the bowl-quarrying process. It includes a diagram showing how a "blank" was carved until it resembled a huge stone mushroom and then separated from the cliff by breaking the stem with wedges.

According to Moore's archaeological report, the Blue Rock Road quarry is unique— the only prehistoric quarry in the Southeast that includes a rock shelter with signs of habitation and caches of stone quarry tools. It's a shame, he said, that the state can do nothing to protect the site, which belongs to an absentee owner, from the ravages of vandals.



Peter Margolin photos

Luther Thomas with soapstone bowl and tool more than 3,000 years old. Headstone at right is sawn from soapstone, too.

From pots to headstones

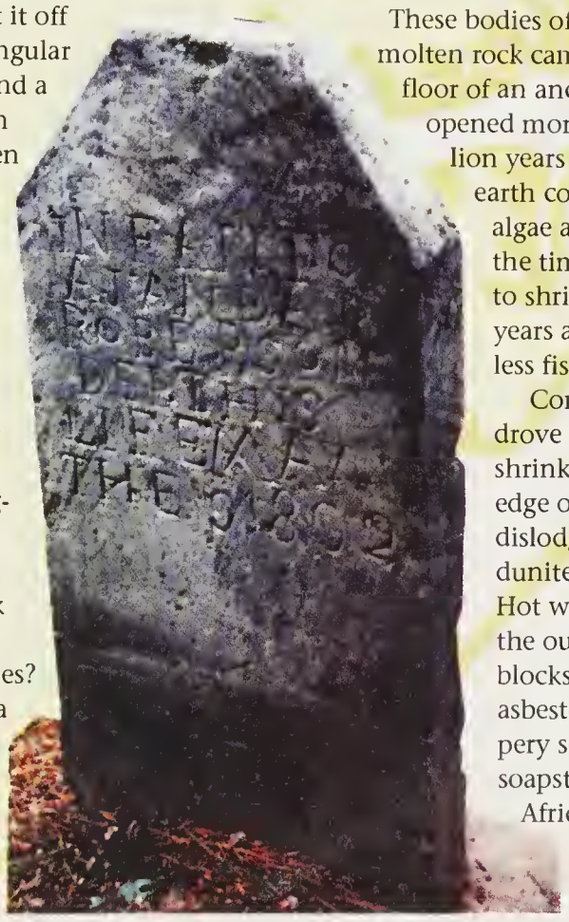
Archaeological literature describes the transition from stoneware to pottery as having taken place at around 1,000 BC. When ancient Americans discovered how to make ceramic cookware, they stopped carving bowls from the soapstone cliffs, abandoning a craft they had pursued for a thousand years or more, perhaps since as far back as 3,000 BC. But they continued to use soapstone for articles such as pipes, weights and pendants, so they may have kept coming to the quarry long after they had stopped carving stone bowls.

In any event, the quarry was not destined to remain idle after the last Native Americans had left. One thing had puzzled me on my first visit there. Many of the higher soapstone ledges ended abruptly in smooth vertical faces, as though they had been cut by sawing, and looked much newer than the prehistoric excavations.

My hunch was that I'd find a clue to this puzzle in the graveyard of the Blue Rock Baptist Church, and that's where I headed. As I expected, all the modern monuments were of polished granite and piled with plastic "flowers." But here and there, like old originals among dental bridgework, were a few small, rough-looking stones which, if they ever had a polish, had lost it long ago.

These shabby lichen-covered relics were what I had hoped to find. They were quarried, hand-sawn, of the same speckled soapstone that the Indians carved their bowls from. They had stood out here, exposed to the weather, for a century or more. The dates were not too legible, but I could make out 1880-something on one and 1903 on another.

Of a dozen or so, some were fixed in stone bases and some set right into the ground. One, however, a little taller than the others, stood out. Worked with greater care, what chiefly set it off was the base, a rectangular stone socket a foot and a half long and over an inch wide. It had been precisely shaped, as a carpenter might have fashioned it, to receive the upright slab. There it had stood, upright, uncemented, loose yet snug fitting, all these years — shaped by hand, perhaps lovingly, like a piece of fine stone furniture.



Had my Blue Rock Road trip ended here among the gravestones? Hardly. When I told a friend about my discovery, he neatly punctured my balloon. He told me that 19th-century farmers had other uses for soapstone besides gravestones. A hundred years ago, the wintertime comfort of the living was a much more pressing consideration than memorials to the dead, so when farmers quarried soapstone, it was mostly to make hearths for fireplaces, firebox liners and bedwarmers. With its great heat-retentiveness, soapstone is a natural for such uses.

How did it get there?

But how did it get there, I wanted to know? Why just there, in that one small area on Blue Rock Road? A geologic map published 30 years ago supplied the answer. On it I could see that stranded in the South Toe Valley, hours from the ocean, were a scattering of huge blocks of ancient submarine rock called dunite, made up mostly of the green mineral olivine. Like the tip of an iceberg, the soapstone quarry was all that was exposed of one of these blocks.

Hundreds of dunite blocks are scattered along the core of the Appalachians, from North Carolina to Vermont. In each, a seed of olivine is wrapped in a shell of soft, water-bearing minerals, some fibrous like asbestos, others soft and slippery like soapstone and serpentine.

The soapstone in Blue Rock Road is the outer shell of one of these blocks. My geologic map showed three others within a 1-mile radius, one of them mined for asbestos.

These bodies of dark, once-molten rock came from under the floor of an ancient sea that opened more than 600 million years ago, when life on earth consisted of just algae and bacteria. By the time the sea began to shrink, 470 million years ago, primitive jawless fish had evolved.

Continental drift drove the floor of the shrinking sea into the edge of North America, dislodging blocks of dunite from the seabed. Hot water had soaked the outer shell of these blocks, altering it to asbestos, chlorite, slippery serpentine and soapstone. By the time Africa and North America collided, the dunite blocks had already been squeezed up like avocado pits and thrust against the crust of North America. That collision, 300 million years ago, put the finishing touches to the foundation structure of the Blue Ridge and carried the blocks to where we find them now. From olivine to soapstone, from stone tools to steel saws, a huge span of history, human and planetary, had revealed to me the secret of Blue Rock Road.

Peter Margolin, a member of French Broad Electric Membership Corporation, writes science articles for encyclopedias, teaches courses in writing and rocks minerals at Mayland Community College in Spruce Pine.

Making Cents of Your Electric Bill

by James Dulley

Booster fans.

Q: My daughter's bedroom and our living room always seem chilly in the winter and hot and stuffy in the summer. What can we do to make all the rooms comfortable without pushing up our utility bills? - A. K.

A: Almost every house with a central heating and air-conditioning system has a room or two that are never comfortable. Most people waste energy by setting their thermostats higher (or lower in the summer) to compensate.

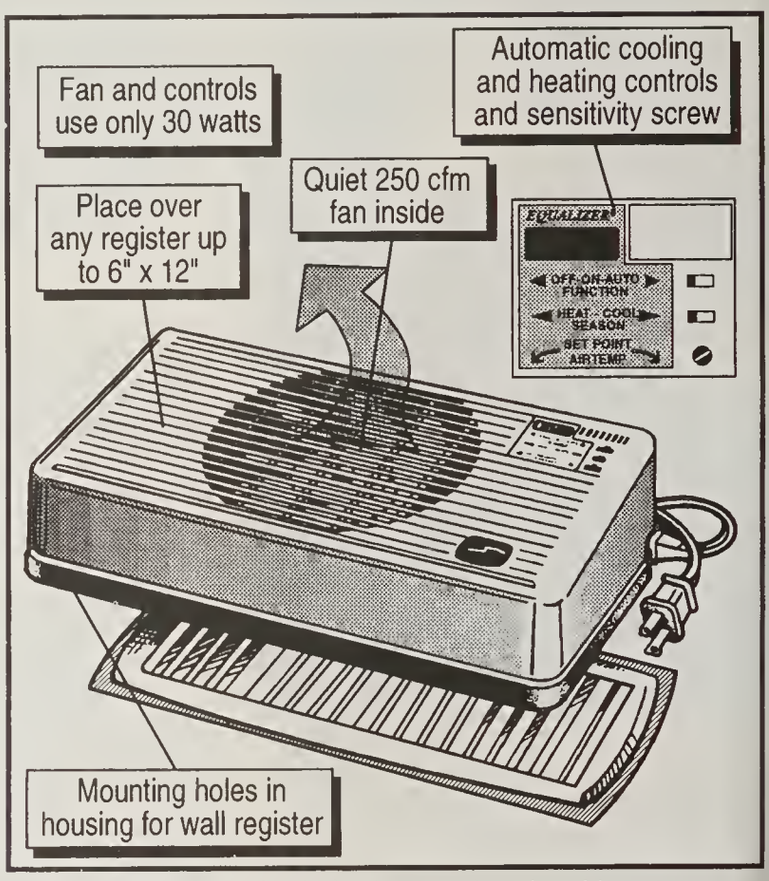
There are several products to increase the amount of heated or cooled air going to each room - inexpensive do-it-yourself booster fans (in-duct and register mounted) and register deflectors for better air distribution.

Before purchasing a booster fan, make sure that the dampers in the ducts leading to the problem rooms are fully open. The open setting is usually with the handle parallel to the duct, but not always. Check the force of the air flow from the room register to determine the open position.

A small 250 cfm (cubic feet per minute) register booster fan is effective year-round. The enclosed fan is placed over any floor register or mounts to a wall register. It plugs into a common 120-volt outlet and uses only 30 watts of electricity (cost about 2 cents per day.)

A built-in sensor and electronic brain measure and compare the temperature of the furnace air and the room air. By turning an adjustment screw, you set the room temperature at which the booster fan automatically comes on.

When it senses the room is too chilly in the winter, the booster fan starts when the furnace comes on. When air-conditioning, set the switch to the cooling mode. If the room does not cool down, the fan starts automatically.


Fan and controls use only 30 watts
Automatic cooling and heating controls and sensitivity screw
Quiet 250 cfm fan inside
Place over any register up to 6" x 12"
EQUALIZER
OFF-OR-AUTO FUNCTION
HEAT - COOL SEASON
SET POINT AIR TEMP
Mounting holes in housing for wall register

Register booster fan helps heat and cool problem rooms

There are several do-it-yourself designs of in-duct booster fans to fit round or rectangular ducts. The round fans come mounted in a short pieces of duct. Just cut out a section of the existing duct and slip the fan in place.

These are often wired directly to the furnace blower so they come on when it starts. Efficient variable-speed duct fans can be wired to a thermostat or humidistat to automatically control the speed for precise comfort control.

Improving air distribution with an inexpensive register deflector often helps. One design, Extend-a vent,, is flat and can extend out three feet from the register. This is ideal for under a sofa or drapes that block it.

Another deflector design, especially for air-conditioning, is tapered at the outlet. This increases the cool air velocity to force it upward. Complete do-it-yourself kits to add another heating duct are also available.

Write for Utility Bills Update No. 811 listing manufactures of automatic register and in-duct booster fans, register deflectors, add-a-duct kits, cfm air flow capacities, prices, and installation/operating instructions. Please include $2.00 and a self-addressed envelope. Send to James Dulley, Carolina Country, 6906 Royalgreen Dr., Cincinnati, OH 45244.

Copyright 1995 © by James Dulley, an energy expert and syndicated columnist in Cincinnati

News of the Cooperatives

Co-ops help establish and expand businesses

Brunswick Electric Membership Corporation welcomed three new businesses to its Business Development Center in Whiteville. G.V. Enterprises assembles precut, laminated furniture, particularly bedroom suites and entertainment units. At present the firm employs 10 people. Ken Boren Health Care Services conducts drug and alcohol testing in Columbus and Brunswick counties. Small Business Services of Columbus County offers collection services to area businesses.

Crescent Electric Membership Corporation was instrumental in establishing a new apparel plant Taylorsville. Apparel Technologies expects to employ about 300 people in the new 38,000-square-foot plant it is building in Alexander County. The industry is a subsidiary of the Taylorsville-based Taylor Togs, Inc. and will be engaged in pressing, laundering and treating "wrinkle-free" garments. Crescent EMC provided a loan to help in the building's construction.

The Leslie-Locke manufacturer of attic fans and skylights will build a 150,000-square-foot expansion plant at Stag Park Industrial Park near Burgaw with help from *Four County EMC* and the Carolina Electric Cooperatives state office. Combined, Four County EMC and its state office granted $12,500 to the expansion.

In Asheboro, *Randolph EMC* joined in the April 22 opening celebration of a new portion of the North American Continent exhibit at the North Carolina Zoo. Randolph EMC is proud of its service to the zoo where the co-op has supplied power for 10 years. Several of the zoo's exhibits require delicate climate control where a power interruption would be critical. Randolph has worked with the zoo to install back-up generation for both peak-period usage and for emergencies.

Sharing professional services pays off

In the cooperative way of sharing resources, seven electric co-ops are sharing an industrial power engineer, and another five have jointly hired a safety director.

Paul M. Flythe is the safety director for Albemarle, Cape Hatteras, Halifax, Roanoke and Tideland electric cooperatives. He had been a first-class lineman with Roanoke before accepting the safety director appointment. He will split his time among the five, informing them of laws and regulations relating to safety and assisting in the steps required for co-ops to achieve national safety accreditation. Flythe will be based at the Rich Square office of Roanoke Electric Cooperative.

Meanwhile, Rich Radil has worked for more than a year as an industrial power engineer for Blue Ridge, Crescent, Davidson, Piedmont, Rutherford, Surry-Yadkin and Union EMCs. He works with the large industrial accounts served by those co-ops. His services include engineering and marketing activities such as identifying and achieving peak load reduction goals, tracking strategic sales goals, communications, and providing technical support on complex electrical problems. While Radil divides his time among each of the co-ops, his office is at Crescent EMC's Statesville office because of its central location.

Statewide elections.

ndustrial power engineer Rich Radil.

Statewide corporations elect officers

Directors of Carolina Electric Cooperatives' state corporations elected officers at their April annual meetings held in Raleigh.

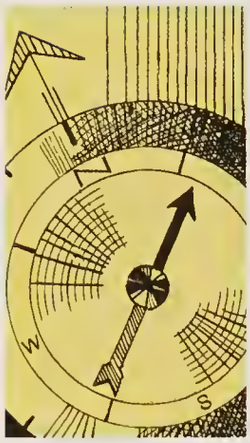
The North Carolina Electric Membership Corporation (NCEMC), the power supply organization for 27 electric co-ops, elected the following officers: Gary A., Whitener, general manager of Rutherford EMC, president; Michael E. Finney, Halifax EMC general manager, vice president; James E. Mangum Jr., Wake EMC general manager, secretary-treasurer.

The North Carolina Association of Electric Cooperatives (NCAEC), the trade association organization for 28 electric cooperatives, elected the following officers: Alice Wilson, Edgecombe-Martin County EMC board member, president; Thomas M. ackhouse, Central EMC manager, vice president; John Woodruff, Blue Ridge EMC oard member, secretary-treasurer.

The Tarheel Electric Membership Association, the material supply organization for 3 co-ops, elected the following officers: Martha McKnight, Blue Ridge EMC board ember, president; Hugh L. Batts, Jones-Onslow EMC board member, vice-president; y Stamey, Haywood EMC board member, secretary-treasurer.

Clockwise from top: Alice Wilson, Martha McKnight, Gary Whitener.

Here, There and Everywhere



Across North Carolina.

"Listen and Remember"

June, Waxhaw

Historical outdoor drama Friday and Saturday nights depicts Waxhaw during the lifetime of our seventh President, Andrew Jackson. Tickets at the gate are $8, senior citizens $5, and children 12 and under $3. Call (704) 843-2300.

Barbecue and Music

June 2-3, Tryon

Blue Ridge Barbecue and Music Festival features 40 of the nation's top barbecue cooking teams competing for the North Carolina state championship. Children's fun park, adult interactive games and live music both nights. Contact: Rebecca Barnes, (803) 582-2095.

Sneydsborough Drama

June 8-10, 15-17, Wadesboro

Historical drama "A Ripple in the River" traces the life and times of the Pee Dee River port of Sneydsborough from 1795 to 1865. Call (704) 694-4181.

Jazz in June

June 9, Shelby

Bring your own lawn chair to this evening of music, food and fellowship. Contact: Shannon Kennedy, (704) 484-3100.

Antique Power Festival

June 9-10, Albemarle

Antique cars, tractors and engines, crafts, cornmilling, handquilting, old fashioned wool spinning, antique tractor pull, kids pedal pulls, pro/am horseshoe pitching contests, rodeo and a fleamarket. Admission is $4. Limited camping hook-ups available. Contact: Hal Harwood, (704) 982-6707.

Festival of Flags

June 10, Weldon

Celebrating the history and heritage of the American flag. Featuring the world's largest flying American Flag, 7,410 square feet. Flea market, food vendors, games, live entertainment and a parade of flags. Contact: Andy Whitby, (919) 536-4582.

Albert Hash Memorial Music

June 10, Jefferson

Ten bands will perform old-time music (non-electrical instruments) throughout the day. Admission is $5, $3 for students, and free to children ages 4 and under. Proceeds benefit the Ashe Civic Center. Contact: Maude Calhoun, (910) 246-4483.

Art in the Park

June 10, Blowing Rock

Juried art and craft show in downtown Blowing Rock. Contact: Susan Gragg, (704) 295-7851.

Grandfather Mountain Tales

June 10, Boone

Festival of Appalachian, tall and musical tales. Special sessions for children. Begins at 1 p.m. in the Foscoe Community Park. Contact: Dianne Hackworth, (910) 877-4110.

Thomas the Tank Engine

June 10-11, Spencer

The famous little train from PBS's "Shining Time Station" will be at the N.C. Transportation Museum. Live shows at 12, 2 and 4 p.m. both days. Advance tickets required. Coincides with the museum's annual Rail Days with caboose rides, model train displays, motor car rides and more. Call (704) 636-2889.

Piedmont Stockdog Trials

June 10-11, Cleveland County

The N.C. state championship at Dr. Ousley's farm on N.C. Hwy 182 between Polkville and Lawndale. Sheep herded around an obstacle course by border collies. Contact: Ben Ousley, (704) 538-3992.

King's Birthday Celebration

June 10-11, New Bern

Salute to King George III with the N.C. Historical Reenactment Society on the grounds to demonstrate crafts, domestic and military skills. A concert of 18th-century music. The grounds and gardens of Tryon Palace will be open free of charge. Contact: Michele Raphoon, (800) 767-1560

Garden Tour

June 16-17, Hickory

The Hickory Landmarks Society presents, "The Romance of the Garden," a dinner and tour of 10 gardens in Catawba County. Rain date is June 18. Contact: the Hickory Landmarks Society, (704) 322-4731.

Bluegrass and Fiddling

June 16-17, Murfreesboro

Bluegrass Music Festival and Fiddling Contest features U.S. Navy Country Currents, New Dominion Blue Grass Band, New River Gospel Singers and more. Two days of continuous singin', pickin' and grinnin'. Admission is $15 at the gate. Free camping. Contact: OTCMO, (804) 238-2228.

Hog Day

June 16-17, Hillsborough

Barbecue, live entertainment, crafts, vintage and antique car show, pot-belly pig beauty contest, children's entertainment and ride area, petting zoo. Enjoy the beach sounds of Doug Clark & the Hot Nuts, Friday evening, June 16. Call (919) 968-2060.

Hollerin' Contest

June 17, Spivey's Corner

The nationals. Also, music, food and crafts. Call (910) 567-2156.

Blessing of the Fleet

June 17, Hobucken

Arts, crafts, kiddie rides, games, boat tours, gospel singing, Little Miss beauty pageant, local seafood, and the blessing of the commercial fishing fleet. Call (919) 745-5057.

Deadlines

Deadlines for submitting notices to "Here, There and Everywhere."

August issue.....June 25
September issue.....July 25
October issue.....August 25

We welcome photos and illustrations of coming events. Send notices to Calendar, Carolina Country, P.O. Box 27306, Raleigh, N.C. 27611.

"The Sound of Music"

June 22-25, Lincolnton

Performed by the Lincoln Theater Guild at the Lincoln Cultural Center. Call (704) 732-9058.

Blue Ridge Mountain Crafts

June 24, Sparta

Blue Ridge Mountain Fair Craft Festival at Crouse Park. Free. Contact Ashe Chamber of Commerce and Visitors Center, (910) 246-9550.

Wanchese Seafood Festival

June 24, Wanchese

Fresh local seafood, entertainment, arts, crafts, crab races, boat and marine equipment exhibits and the blessing of the fleet. Call (919) 473-3937.

Wood Kiln Opening

June 24, Lenoir

Wood-fired pottery, face jugs, corn grinding, quilting party, butter churning, mountain music and wagon rides. Contact: Bolick Family Pottery, (704) 295-3862.

Singing on the Mountain

June 25, Linville

Day-long Southern Gospel gathering outdoors at the foot of Grandfather Mountain. Music begins at 8:30 a.m. and lasts throughout the day with a break at 2 p.m. for the sermon. Admission is free, camping available. Call (704) 733-4337.

18th Century Shoemaker

June 25, Gastonia

Meet a shoemaker from the Moravian settlement of Salem and learn about shoemaking in the 18th century and the life of a traveling craftsman. At the Schiele Museum. Free. Call (704) 866-6900.

Sunday in the Park

June 25, July 2, Blowing Rock

June 25: Dixieland jazz by The Swamp Cats. July 2: The N.C. National Guard Band. At Blowing Rock Memorial Park. Contact: Susan Gragg, (704) 295-7851.

Christmas in July

June 30-July 2, West Jefferson

Showcasing Ashe County's Christmas tree industry. Features over 200 craft and food vendors; bluegrass, rock, country, blues and gospel music; buggy and sleigh rides and a Real Tree exhibition that traces the growth of the tree from seed to harvest. Call (910) 246-5855.

Checker Tournament

July 4-6, Greensboro

Seven rounds of Swiss style play. Registration is $10. Contact: Clinton Pickard, (919) 775-7628.

Festival on the Square

July 7-9, Hayesville

Street dance, food, a rodeo and more than 65 craft vendors. Contact: Clay County Historical and Arts Council, P.O. Box 5, Hayesville, N.C. 28904.

Ongoing

Contemporary Art

Through June 25, Winston-Salem

"LOVE Pictures: Robert Rosenheck," features public figures and celebrities holding a 1970s era "LOVE" sign Rosenheck found in a thrift shop. Includes pictures of Bill and Hillary Clinton, Mikhail Gorbachev, Bob Hope, Ted Kennedy, Lyle Lovett and many more. Contact: Virginia Rutter, (910) 725-1904.

Junior Sailing Program

June 12-Aug. 4, Beaufort

The N.C. Maritime Museum offers eight two-week courses for young people ages 8 through 15 in a 7-foot by 9-inch optimist dinghy. $140 per participant. First-come, first-served. Contact: the N.C. Maritime Museum, (919) 728-7317.

Fourth of July Celebrations

Old Salem

July 1-2, 4, Winston-Salem

Special demonstrations, hands-on activities and food. Regular admission fees apply. Nearly 200 costumed men, women and children lead you on a torchlight procession marking America's first Fourth of July celebration. At 9 p.m. at Salem Square. Contact: (910) 721-7300.

Croaker Festival

June 30-July 1, Oriental

Miss Pamlico County contest, street dance, parade, children's games, boat building demonstrations, arts, crafts, music, food vendors, fish fry and fireworks. Contact: the Pamlico County Croaker Festival, P.O. Box 758, Oriental, N.C. 28571.

Freedom Festival

July 1-2, Waynesville

Ninth annual artist and crafters show at the Haywood County Fairgrounds from 9 a.m. to 4 p.m. both days. Call (704) 648-5834.

Wake Forest

July 3-4, Wake Forest

The Band of Oz performs July 3 with fireworks afterward. July 4 festivities include a children's parade, games and art in the park, plus free swimming at the city pool. Contact: Elizabeth Bartholomew, (919) 556-3936.

Fun Festival

July 4, Lilesville

Begins at 10 a.m. and ends with 10 p.m. fireworks. Food, entertainment, rides, arts and crafts, 2 p.m. parade. At the Circle G Arena on North Cowan St. Call Juanita Williams (704) 848-4711.

Tryon Palace

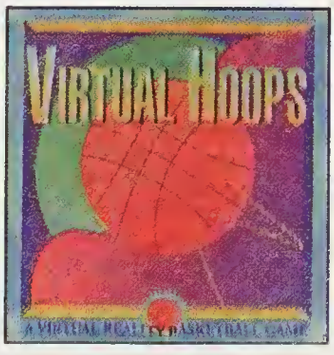
July 4, New Bern

Includes tours of the palace grounds, gardens and the John Wright Stanly House. Contact: Michele Raphoon, (800) 767-1560.

Virtual Reality Basketball

Through Aug. 6, Durham

The Museum of Life and Science hosts Virtual Hoops, a virtual reality basketball game. A life-sized, computerized opponent that can block shots and steal balls faces off against the museum visitor. Call (919) 220-5429.



Self-taught Southern Artists

"Butterfly Design" by Minnie Evans, Self-Taught Southern Artists series.

June 18- Aug. 27, Raleigh

"Passionate Visions of the American South: Self-taught Artists from 1940 to the Present" features more than 200 paintings, drawings, sculpture and mixed media by 72 self-taught artists from the South, including seven from North Carolina. At the North Carolina Museum of Art. Call (919) 833-1935.

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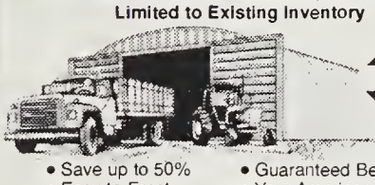

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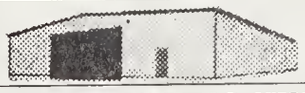

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Hank's Gardening Guide

by Hank Smith

Enjoy the flowers, vegetables and fruits of your labor and handiwork.

We're entering the enjoyment period of gardening. Summer is here. You have done most of the planting by now, so pause briefly to enjoy and reflect on your accomplishments.

But don't stall too long as fertilizing, spraying, pruning, watering and some planting need be done. It's an excellent time to root cuttings of favorite trees and shrubs.

Make a frequent inspection so you will be able to control insects before they increase. And take a close look at plants while they are in their prime. Also, check to see if the landscape plan can be better arranged.

About azalea cuttings

If you have trouble rooting azaleas, perhaps you are using diseased cuttings. Many azalea plants are infected with a disease called cylindrocladium. A growing plant (one putting on new leaves) seldom is killed, but cuttings from diseased plants fail to root. The base of the cutting usually turns brown and becomes water soaked. Roots that form above the rotted tissue usually live only a short time.

When taking cuttings, be sure to use unblemished wood of a bright green color. The bark should have no streaks or blotches.

Pruning shrubs

If spring-flowering shrubs have not yet been pruned, do the job now. Cut back from one-third to one-half of the new growth at the tips of branches to force the plant to make bushier growth and to encourage profuse flower production next spring.

Forsythia

Shrubs to be pruned include mock orange, forsythia, the spirea group, deutzia, flowering quince, weigela, and winter honeysuckle.

Planting for fall

For showy fall color in your garden, plant mums, copper plant (acalypha), geraniums, hibiscus, ornamental peppers, zinnias, marigolds and calendulas.

You can still plant colorful summer bedding plants, particularly if you purchase those already growing in containers and are willing to give them needed water until they are established. Shade plants for a few days until they adjust.

Spring-flowering bulbs

If spring-flowering bulbs have not yet been dug, you may want to dig and divide them after the foliage turns brown. This should be done every three or four years, because crowded bulbs will produce fewer and smaller blooms.

Shade trees get thirsty

During the hot, dry part of summer our shade trees sometimes suffer. Several summers without adequate moisture can be fatal. Young trees, recently transplanted, are hardest hit by dry weather.

When soil is dry, water trees thoroughly every 10 days to two weeks. Water should be applied slowly to moisten soil to the depth that roots extend. This means letting the hose run lightly for a couple of hours. A soaker hose gives a good distribution of water. Don't water frequently with light applications. As with other plants, this brings roots to the surface. A light mulch of old sawdust, pine needles, or straw will help keep soil moist and cool.

In the vegetable garden

Although most vegetables crops are in the ground, there's still time to plant seeds of snap beans, field peas, squash, corn and cantaloupe. Continue to set out started plants of tomatoes, peppers, eggplants and sweet potatoes.

With warm weather at hand, take special precautions with transplants. They can wilt and die quickly under a hot sun. Water immediately after transplanting. Apply a starter solution, then shade each plant with a board, newspaper, cut branch of a shrub or some type shading material.

Garden soil is warm enough now so that covering with a mulch will not impede plant growth. A mulch helps control weed growth, keeps soil temperature cooler, and conserves moisture.

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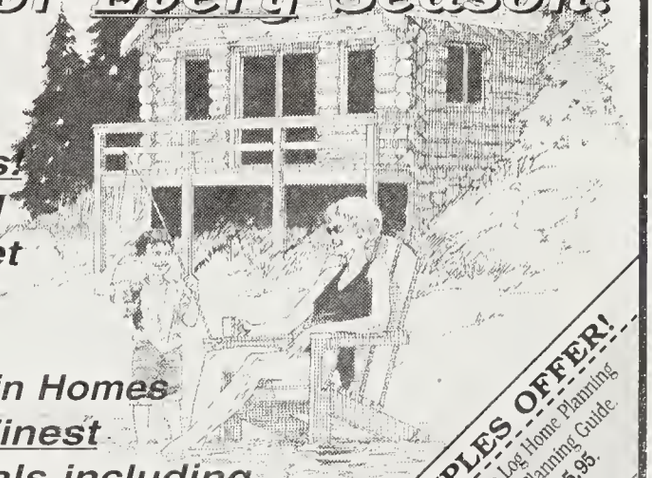

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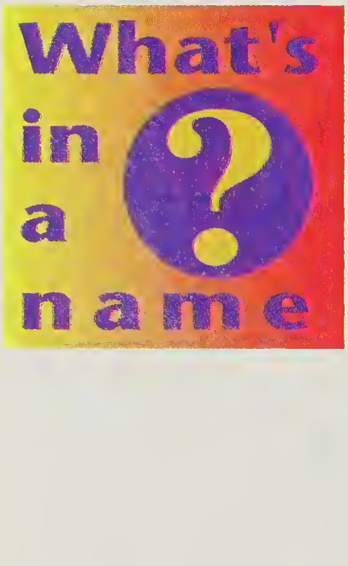
Journal

by Owen Bishop

Angella Cobb once shared her name with two women. As Angella Coleman, she shares her name with five women.



Same-name links: Readers see them, too

It's reassuring to know that I am by no means alone in noticing how people with the same name are often linked together. After I wrote about this recurring pattern in the February issue, several readers wrote or called to say that they, too, have noticed it:

For Corena Lu Jones of Peters Creek in Cumberland County, it created a problem while she was living in California several years ago. Her application for car insurance was rejected because of traffic violations on her record, including one for a major accident in Redondo Beach. She protested that she didn't have a long record and she'd never been to Redondo Beach. She'd been confused with another Corena Lu Jones. Another company later found the correct record and provided insurance for her.

Angella Coleman of Granville County said she works in Durham, where she is one of at least six Angella (or Angela) Colemans. So far, this hasn't presented any problem except when one of them called in to an area radio station, and her friends thought it was her. She should be accustomed to this by now: When she was single and living in her hometown of Kinston, she was one of three Angella (or Angela) Cobbs in that area. All three went to the same dentist and the same eye doctor.

One reader wrote to us about the name links in a real estate transaction that occurred in the Davidson County area. Robin Smith and her husband sold their house to another Robin Smith and her husband. "Boy, do I get all the mail I need!" says Robin Y. Smith, (the seller) whose new letter carrier obviously is augmenting her forwarded mail with some that was intended for Robin R. Smith (the buyer).

Mike Mozingo of Raleigh thought we'd enjoy hearing about his friend Kenneth Marvin Burke Jr. of Fayetteville. One of Kenneth's best friends was Kenneth Marvin Norris.Their fathers were also best friends, and years ago agreed that if their wives gave them sons, they would name the boys after each other. When Mrs. Norris presented her husband with a healthy baby boy, they stuck to the agreement and named their son Kenneth Marvin. However, when the Burkes' first son was born, the couple named him for his Dad. Otherwise he would have been known as Oscar Burke.

Pauline L. Desjarlais of West End says the names in her family are so confusing her children couldn't keep them straight when they were growing up. She and her husband had to refer to aunts and uncles according to which side of the family they belong to: "Mom's Auntie Gail" or "Dad's Uncle Paul." Here's why:

"I have three brothers and a sister: Paul, Marc, Buddy (a nickname)and Gail. My husband Robert has three sisters and a brother: Patricia, Kathy, Gail and Peter. Both my brother Paul and my brother-in-law Peter had unsuccessful relationships with women named Debbie. My sister-in-law Kathy married a man named Marc and my sister-in-law Gail married a man named Paul. Neither of these men are my brothers but they are related to each other —they're first cousins. The two youngest men in the family, Buddy and Peter are both involved with/married to women named Christine. My sister Gail was married to a man named Robert Morelle and my daughter Sheri's husband is named Robert Morrill."

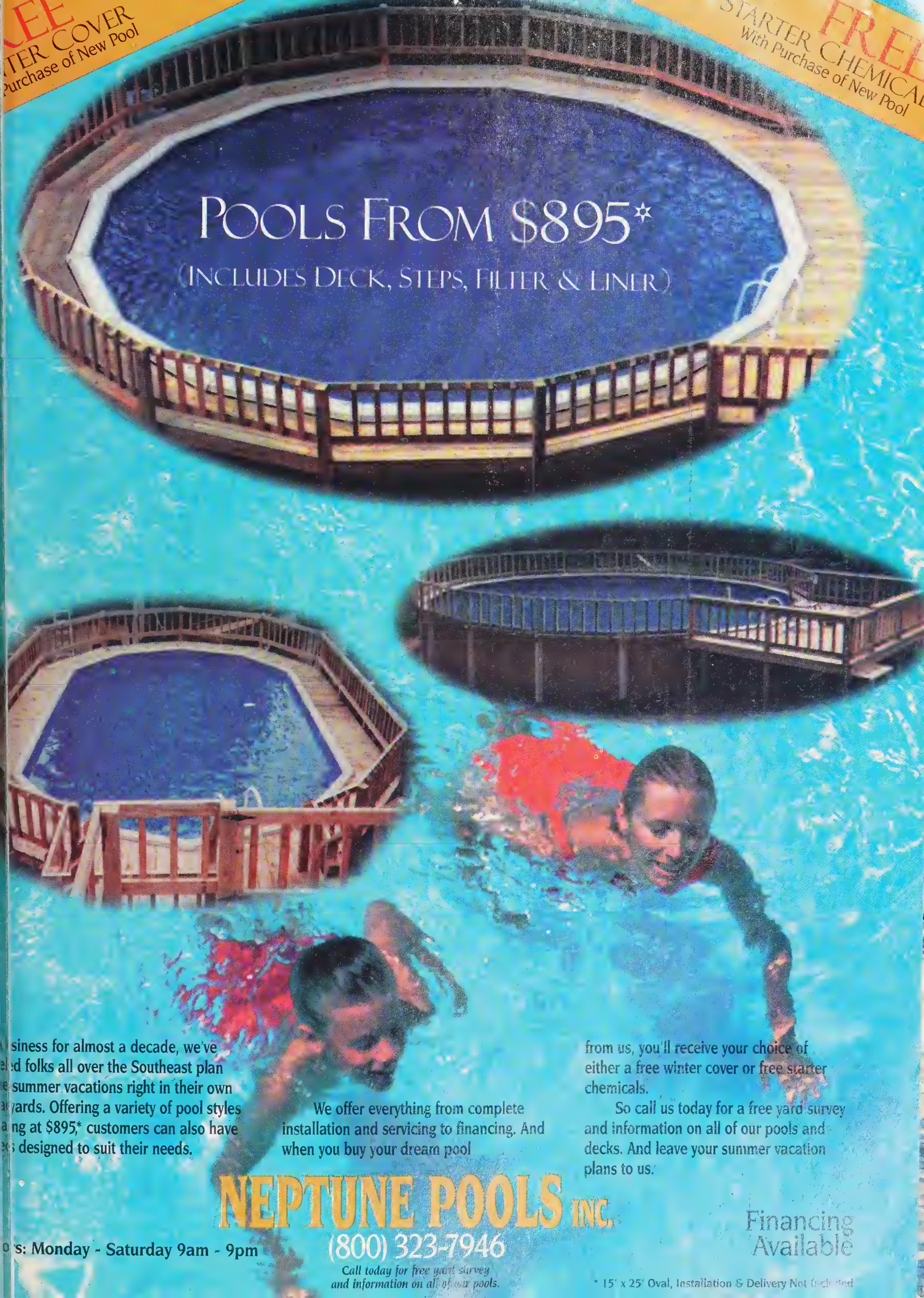
A reader who described her experiences with name links on the job asked that we keep her identity confidential. I'll call her Rebecca "Becky" Adams and use fictional names for everybody she mentioned in her note.

When her company hired a Robert Adams, she joked that he was her "long-lost cousin" from out of state. In arranging for the direct deposit of his payroll check, he asked to have the money deposit- ed to his mother's account. Her mother's name (you guessed it!): Rebecca Adams!

Becky Adams said she routinely works with two Carls and two Janes. Among the other employees of the large company, she said, "several first names appear in repetitions of five or more and they are spread across the generations." Some of the most popular names are Darren, David, Michael, Timothy, Anthony, Jonathan, Lisa, Susan, Deborah, Amy and Rhonda.

Becky also cited name links in her extended family: Her sister's married name is Judy Martin and their stepmother's name is Ruth. Judy has a sister-in-law named Becky and a mother-in-law named Ruth. After dating several girls named Judy her sister's brother-in-law finally married one, making her Judy Martin also! To top it all off, she has a step-niece whose full name is Bettyjean Scott Brown and her brother-in-law's niece is named Betty Jean Scott Brown!

In the July edition, we'll look at more of our readers' experiences with these strange and fascinating name links.



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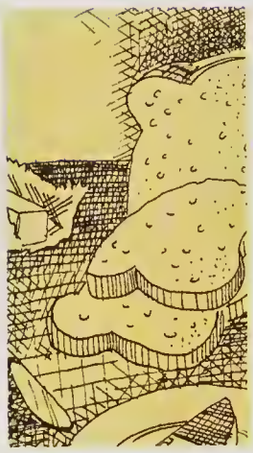

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Submitted by Mrs. Lewis Rascoe, Windsor

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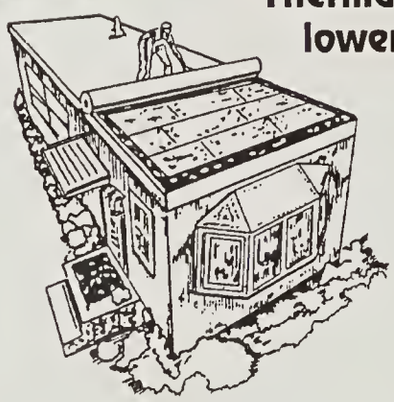

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